

FAIRHAVEN



FAIRHAVEN HEALTHCARE CENTER 476 VARNUM AVE 01854 -978-458-3388

Celebrating

May

**NATIONAL NURSING
HOMW WEEK!**

MAY 8TH-13TH

**A WEEK LONG
CELEBRATION OF THE
FOLKS WHO LIVE HERE!**

**EVERY DAY WILL BRING
US NEW ADVENTURES.**

**OUR THEME OF THE
WEEK IS "THERE'S NO
PLACE LIKE HOME"**

**IF YOU HAVE ANY
WIZARD OF OZ POSTERS
OR SUCH TO DONATE,
WE WOULD GREATLY
APPRECIATE IT.**

THANK YOU!

" THERE ' S NO PLACE LIKE HOME "



NATIONAL NURSING HOME WEEK IS ALMOST UPON US AND WE ARE LOOKING FORWARD TO A WEEK OF FUN!!

THE WEEK OF MAY 8TH -MAY 13TH IS NOT A WEEK TO MISS!

WE HAVE A DIFFERENT PARTY EVERY DAY!

SUNDAY MAY 8TH IS MOTHERS DAY,

- 1) WE WILL START WITH AUNTIE EM'S COUNTRY FRESH BREAKFAST, OMELETS, WAFFLES, ALL COOKED TO ORDER FROM 8A-10A**
- 2)MOTHERS DAY BINGO AT 10AM IN THE ROTUNDA**
- 3) MOTHERS DAY OPEN HOUSE, WITH DESSERTS AND APPETIZERS TO SAY THANK YOU MOM!**

MONDAY MAY 9TH

- 1) 10A "IF I ONLY HAD A BRAIN TRIVIA WITH DUNKINS COFFEE AND "MUNCHKINS"**
- 2) 2P THE COWARDLY LIONS AMERICAN IDOL CONTEST, DO YOU HAVE THE "COURAGE" PRIZES! AND A NACHO BAR WITH ALL THE FIXINGS!**

TUESDAY MAY 10TH

- 1) 2P THE LOLIPOP KIDS MUNCHKIN TOWN AUCTION**
- 2) 5:30P "SHRIMP AND FISH AND FRY'S, OH MY! SEAFOOD DINNER**

WEDNESDAY MAY 11TH

- 1) 10A WE WILL WATCH THE WIZARD OF OZ, OUR THEMES INSPIRATION, AND HAVE POPPIE BREAD**
- 2) 2P TRY YOUR LUCK AT THE GREAT OZ CARNIVAL, OUT FRONT, WEATHER PERMITTING!**

THURSDAY MAY 12TH

- 1) 10A THE GOOD WITCH VS. THE BAD WITCH COOKING BRUNCH**
- 2) 2P THERE'S NO PLACE LIKE HOME COOKING..SOCIAL WE WILL MAKE THE RESIDENTS RECIPES!**
- 3) 6:30P THAT'S A HORSE OF A DIFFERENT COLOR, HORSE RACES WITH PRIZES**

FRIDAY MAY 13TH

- 1) 10A RICHARD HUGHES, SILENT MOVIE SHOW!**
- 2) 12P THE YELLOW BRICK ROAD ENDS A COOKOUT!! WITH BEACH BLANKET BINGO!!! (WE GOTTA HAVE A BINGO!)**

A Month for the Birds



May is an excellent month for dusting off your binoculars and watching birds. As the weather changes during the spring, many species begin their migratory journeys back to

warmer breeding grounds. May 4 is Bird Day and May 14 is International Migratory Bird Day.

Bird migration is one of our planet's grandest and most unique phenomena. Birds do not know the political boundaries of countries. Each year, they traverse the globe using whatever habitat they can find to sustain them on their journeys. Birds do not have one place to call home. The entire planet is their home.

The Sooty Shearwater, a seabird, flies 40,000 miles every year from New Zealand to the north Pacific Ocean. Not to be outdone, the tiny Arctic Tern migrates between the Arctic and Antarctica. Not only do birds fly far, but they also soar high. Bar-headed geese are known to fly as high as 29,000 feet! That's because these birds migrate over Mount Everest in the Himalayas.

How do all these birds know where to go? They navigate by using the sun as their compass. Other birds that migrate at night use the stars just like sea captains of old. Birds also use the Earth's magnetic field. Many have a mineral called "magnetite" stored just above their nostrils. It is believed that this mineral interacts with natural magnetic fields to inform the bird which direction is north. You could say they have a nose for finding their direction.

How should you celebrate these birds this month? Open your bird book and keep your eyes open for feathered friends. Participate in a local bird count, where you identify and count local species. Also, be sure to provide a little help to these great migrators. Fill a birdbath with clean water and hang a bird feeder. A little snack will carry a migrating bird a long way.

Motorcycle Mass

People from all across the globe will gather on May 1 for the annual Blessing of the Bikes. You don't have to be a regular church-goer to seek a motorcycle benediction. All you need is a bike.

Riding a motorcycle can be dangerous and as the riding season opens it makes sense for bikers to get all the help they can. These blessings began forty years ago, and today priests say their prayers from the backs of their own Harley Davidsons. A typical invocation may sound like this, "Bless us as we kick off the riding season...be with us as we experience the thrill of the open road and the marvel of the motorcycle." Do these tough, leather-clad bikers take their blessings seriously? You bet. It's good to know that they have a divine friend riding with them in their sidecar.

Rain or Shine

Rain or shine, pack a poncho on the last Sunday in May because it's International Poncho Day. The people of Nobsa, Colombia, who are very proud of their local artisans who weave woolen ponchos, started this wacky



holiday. All day long, locals wear traditional ponchos, and they're not the only ones. Cats, dogs, sheep, and even parrots sport the rain gear.

In 2008, the townspeople attempted a world record for creating the world's biggest poncho. Artisans spent two months weaving a 1,500-pound poncho that was draped over Nobsa's cathedral. In addition, a mass of people paraded through the streets wearing one massive poncho with hundreds of head-holes. In honor of this holiday, perhaps we should all hope for rain in Colombia on that day.

Grand Adventure

John Wesley Powell and his Powell Expedition began a momentous journey on May 24, 1869. Powell and his crew of nine men, in four specially built boats, with enough supplies for three months of exploration, began their trip down the Green and Colorado Rivers in Wyoming. They would be the first people to explore and record the unknown depths of Arizona's Grand Canyon. Of the ten men, only six would finish the journey.



Powell was a Civil War veteran who had lost his right arm in the Battle of Shiloh. He was strong and confident, and ready for whatever surprises the river and the

canyons had in store. Many times their boats were nearly smashed upon the raging rapids. When Powell feared that the rapids were too great, the crews got out and carried the boats.

Less than a month on the river, one of the boats was sucked into a devastating rapid and wrecked. While none of the men were hurt, this boat carried precious cargo – barometers necessary for judging the river's altitude, a major objective of the expedition. Powell mounted a rescue and retrieved the barometers, some thermometers, and a three-gallon keg of whiskey, but a third of their food was lost.

After many months of running rapids, making repairs, and surviving flash floods, they began to run out of food. The canyon around them was beautiful and majestic but it was also like a prison. How would they survive? Three more men decided that the river was too much. They left, but upon exiting the canyon were killed by Indians. Just a few days later Powell and the remaining explorers reached calm water with a new wealth of maps, data, fossils, mineral samples, and stories of the Grand Canyon. Powell's personal journal of the adventure still remains a classic tale of exploration.

The Incredible Thermos

Today, four out of five people own a common thermos. But back in May of 1904, when the thermos was first introduced to the public, the invention was a modern marvel of science. How does it keep hot drinks hot and cold drinks cold? The key to the thermos' success lies in its walls. The two layers – the inner and outer flask – form a vacuum. There is nothing, not even air, in the vacuum, and this prevents heat from leaking in or out of the liquid. How did we all come to own such a high-tech piece of scientific equipment? The physicist James Dewar invented the first thermos to hold liquid oxygen in his laboratory. But I'm sure he appreciates a hot cup of coffee just as much as the next guy.

Cookie Controversy

What is it about the macaroon? That flourless cookie, celebrated on May 31, has become as controversial as it is delicious. The coconut macaroon is the popular version of this cookie – a wonderful, crisp exterior with a sweet and chewy delight waiting for you inside. Dipped in chocolate, they are even more devastatingly rich.



But macaroon purists insist on the superiority of French *macarons*. What is so different except for a missing "o"? The French cookie is a light, flourless, cream-filled sandwich cookie with no coconut to be found. The cookie originated amongst the rich Italian de Medici family, and the word comes from the Italian *maccherone*, which means "fine dough." The delicate cookies are often made with almonds or pistachios ground into a fine flour. Their filling can be buttercream, chocolate ganache, or even jam. Which version is best? The only way to find out is to have a taste test – the macaroon versus the macaron. We welcome the challenge.

Your Return Address
Street Number and Name
City, State Zip Code

Postage
Information

Your Mailing Address
Street Number and Name
City, State Zip Code

Mollusk Pardoned

You have probably heard of Punxatawney Phil. Well, on the first Thursday of each May, Martin Z. Mollusk scuttles onto the beach of Ocean City, New Jersey. Martin is a humble hermit crab, and if he sees his shadow (which he always does), summer officially starts one week early in Ocean City.



This holiday is not all fun and games. The state of Louisiana has had a wanted poster featuring Martin Z. Mollusk for decades. Apparently, Martin used to reside in Tepid Swamp, Louisiana, and was even engaged to Mollie Shellfish until he left her behind for New Jersey's shores. Louisiana State Police were instructed in 1985 to turn Martin into gumbo if he were to ever again set foot, er, claw, in Louisiana. Fortunately, in February of 2011, Louisiana granted Martin a full pardon.

May Birthdays

If you were born from April 20-May 20 you are a Taurus, the Bull. If you were born from May 21-June 21, you are a Gemini, the Twins. Taurus is the sign of practicality. These people are faithful, with a need for security and routines, and also possess incredible endurance. Geminis focus their energies on intelligence and communication. They love using their minds to fully express themselves, and they often find great success as a result.

The Red Baron (fighter pilot)	May 2, 1892
Pete Seeger (folk singer)	May 3, 1919
Sigmund Freud (psychologist)	May 6, 1856
Don Rickles (comedian)	May 8, 1926
Judith Jamison (choreographer)	May 10, 1943
Bea Arthur (Golden Girl)	May 13, 1922
Henry Fonda (actor)	May 16, 1905
Mary Cassatt (painter)	May 22, 1844
Peggy Lee (singer)	May 26, 1920
Vincent Price (actor)	May 27, 1911
